Embracing Challenges

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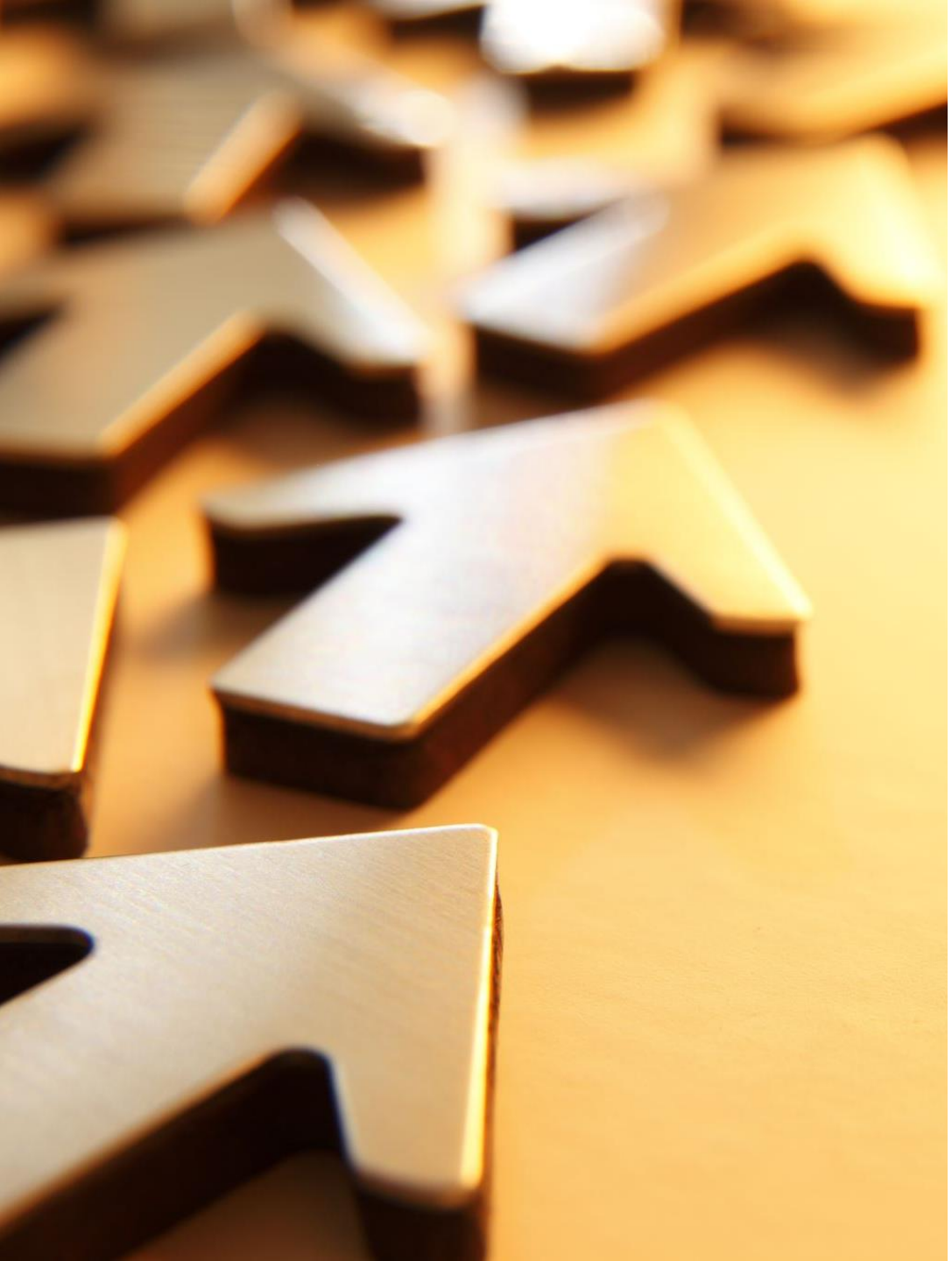
The Reality of Challenges

- Challenges are inevitable
- Everyone faces challenges
- Challenges motivate
- Challenges make us stronger
- Challenges lead to higher inner satisfaction
- Challenges are necessary for learning and growth



Divine Guidance on Facing Challenges

- Vision
  - Who, when faced with a disaster, say, Surely to Allah we belong and to Him we Shall (all) return."[2:156]
- Hope (Faith)
  - Your Lord ˹O Prophet˺ has not abandoned you, nor has He become hateful (of you)." [93:3]
  - Those who were warned, "Your enemies have mobilized their forces against you, so fear them," the warning only made them grow stronger in faith and they replied, "Allah ˹alone˺ is sufficient ˹as an aid˺ for us and ˹He˺ is the best Protector." [3:173]
- Tactfulness (Hikmah)
  - Invite (them) to the Way of your Lord with wisdom and kind advice, and only debate with them in the best manner. Surely your Lord ˹alone˺ knows best who has strayed from His Way and who is (rightly) guided. [16:125]

Challenges

Difficulties

- Hurdles in smooth conduct

Threats

- Potential restraints in accomplishing targets

Loss

- Loss of loved ones, reputation, opportunities and wealth

Incitement

- Humiliation and provocation of anger by a third person (group of persons)

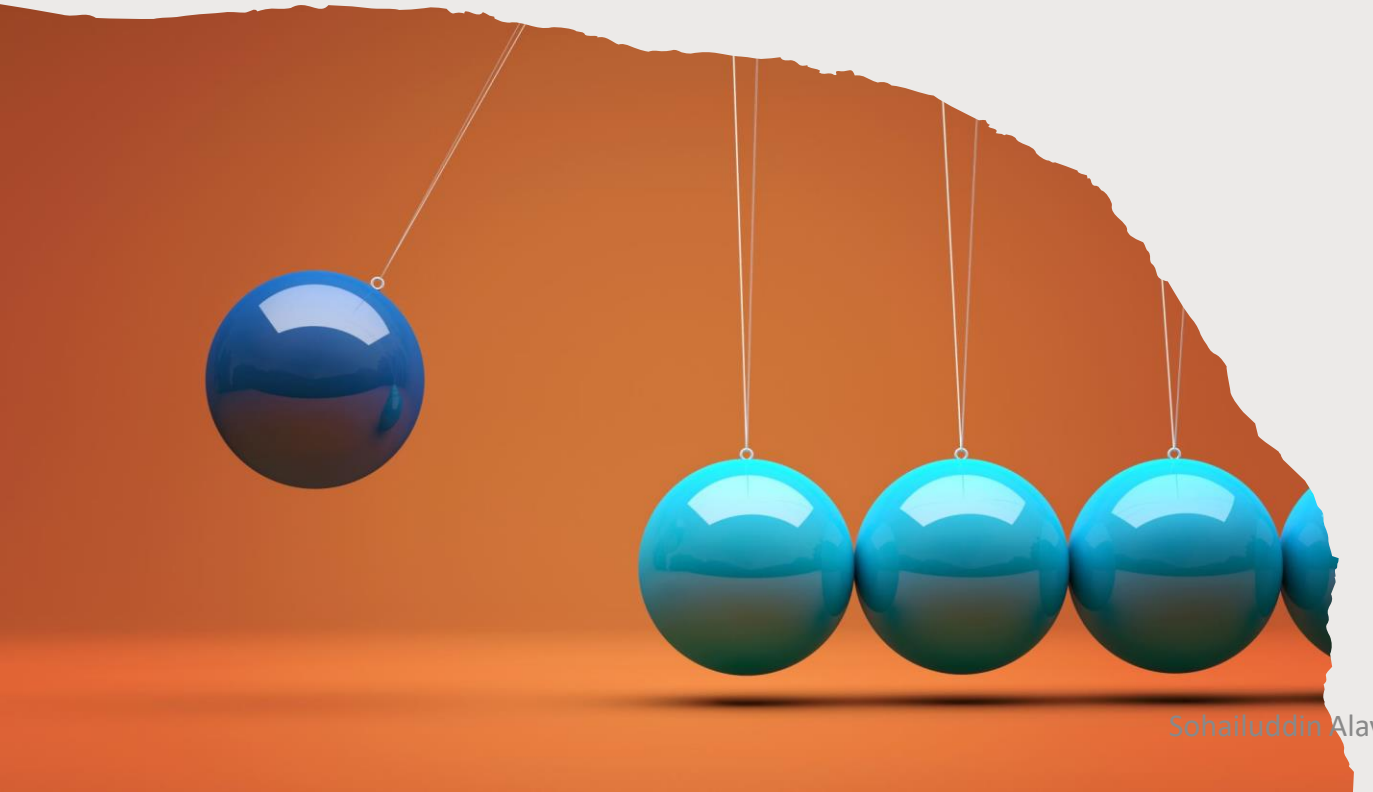
Harassment

- Direct or indirect violation of personal interest and privacy

Hostile Environment

- Too much negativity and rivalries within the permeable limits

Constructive Response Framework



- Vision
  - Visualize the situation strategically, meaning interpret pros and cons on a long-term horizon
- Hope
  - Maintain positive outlook of the future and work with courage and confidence
- Tactfulness
  - Confront with reasoning and in assertive way

When We Respond in Routine

- We often fail to accomplish
- We lose opportunities of the future
- We invite more and even bigger challenges
- We are forced to withdraw from the situation

Avoid Negativity

Denial	Inertia	Despondency	Short sightedness	Cursing attitude
• Never close eyes or ignore real challenges, it won't make the challenge disappear	• Never sit back waiting for the challenge will go away on its own, it will only multiply over time	• Never feel demotivated by focusing on impossibilities, it will inhibit your capabilities to deal with the challenge	• Never think in the immediate context alone, it will magnify the impact of challenge	• Never think a challenge is a curse, it will shift the control outside of you

Thank you

- Alhamdolillah, Almighty has provided guidance for every aspect of our lives, it is only that we look for it!
- May you live your challenges constructively for a more prosperous life ahead, Ameen.